Adyapady Sri Adhinatheshwara Temple, Mangalore, Karnataka

Ref: curlytales.com

Shri Adhinatheshwara Temple In Karnataka Is Known To Cure Breathing Issues Like Asthma.

by Sannjanaa Shenoyy Updated: April 08, 2021 6:24 PM

At first glance, Shri Adhinatheshwara Temple of Adyapadi looks like just any other beautiful temple. But the queue of hundred devotees lined up outside with a prayer on their lips, tells another story. Nestled 12 km from the coastal city of Mangalore in Karnataka, Shri Adhinatheshwara Temple has a rich historical and spiritual background. The prasad and sandalwood paste of this Lord Shiva temple is known to cure devotees from breathing issues like asthma and other allergic diseases.

Infact, this temple became known as 'the asthma temple' after a queen was first cured of her illness by Lord Adinatheshwara himself, centuries ago.

Shri Adhinatheshwara Temple In Karnataka Has A Pond With Healing Properties

The ancient Shri Adinatheshwara Temple in Adyapadi, Mangalore instantly welcomes you. A crystal clear pond called Mathsya Teertha flows steadily from the surrounding hills and fills the environment with a gentle, peaceful aura. The waters are known to possess healing

qualities. The historical and spiritual abode houses the deity Lord Shiva here. The temple has a sanctum sanctorum and three smaller temples of Lord Ganesha and Shri Daivagalu.

The fourth corner of the temple has a small statue of Adi Maye. She is believed to be the first person to witness God here. A pond situated near the statue of Adi Maye is off-limits to visitors. Only temple priests use the water to ensure the purity of the well and water.

A Queen Suffering From Asthma Was Cured By Lord Adinatheshwara

An interesting myth lies close to the hearts of devotees and believers who throng to the temple to find a cure for asthma and breathing issues. According to the legend, during the reign of Chouta rulers, the Queen suffered from asthma. Palace doctors and experts gave her all the medical attention to rid her of her pain. Alas, there was no improvement in her health. Heartbroken due to her sickness, the queen devoutly prayed to Lord Adinatheshwara.

Pleased by her devotion, the Lord appeared in her dreams. And told her to ask for holy water and prasada of the temple as a cure for her illness. The queen did exactly as she was relayed to by the Lord, and she was cured. As a token of heartfelt gratitude, she offered her necklace to Lord Adinatheshwara of the temple. To date, devotees head to the temple to obtain the prasada, medicated holy water and sandalwood paste blessed by the Lord himself.

The Temple Has A Pristine Environment

Chanting the name “Shri Adhinatheshwara Namaha”, hundreds of devotees visit this holy abode for divine intervention. The chirping of birds, natural rock shelter, stunning fields and gushing Phalguni river has a calming effect on the mind and soul. This location is known as “moolasthana”, due to the influence of Jains, who presided her for many years. It’s situated atop a hill, hugged by a lush green forest. To embrace the serene environment one-on-one, a small meditation site has been built recently.

The pollution-free environment, spiritual aura and divinity of Shri Adinatheshwara Temple is known far and wide in Karnataka. Curing hundreds of devotees of their asthma, breathing issues and allergic diseases, this temple has an unspeakable powerful healing aura. And you’d have to see it to believe it.

****

Ref: Google Gemini

Adyapdy Sri Adinatheshwara Temple, Mangalore, Karnataka

Info is given under following headings:

Location, how to get there, speciality of this temple, history and legends, architecture, main deity and subdeities, daily rituals and poojas and their charges, special poojas and their charges, festivals celebrated, facilities available for devotees such as accommodation, do's and don'ts, nearby temples, nearby hotels, nearby tourist spots, donation info with contact phone number, any other info...etc

****

Here is an overview of the **Sri Adinatheshwara Temple**, located in Adyapady near Mangalore, Karnataka:

1. Location

The temple is situated at **Adyapady**, near Bajpe in Dakshina Kannada district, Karnataka (Pincode: 574142). It lies right near the periphery of the Mangalore International Airport (IXE) perimeter road, nestled amidst lush coastal greenery.

2. How to Get There

- **By Air:** Mangalore International Airport (Bajpe) is just 3 to 5 km away, making it the closest major landmark.
- **By Train:**
    - Mangalore Junction (MAJN) – ~16 km.
    - Mangalore Central (MAQ) – ~18 km.
- **By Road:**
    - **From Mangalore City (~15 km):** Take the route heading toward Bajpe / Airport via Bondel or Maravoor.
    - **Local Transit:** Regular KSRTC and private buses run between Mangalore Bus Stand (State Bank) and Bajpe/Adyapady. Taxis and auto-rickshaws are easily available from Bajpe town or the airport.

3. Speciality of the Temple

- **"The Asthma Cure Temple":** The shrine is widely renowned as a healing center for chronic respiratory ailments. Devotees throng here to receive the **Ubbasa Theertha** (blessed holy water) and the temple's specific *gandha* (sandalwood prasadam), which are traditionally believed to alleviate asthma, bronchitis, and allergies.
- **Mathsya Teertha & Holy Spring:** A natural mountain stream fills the sacred pond surrounding the precinct.

4. History and Legends

- **The Royal Healing:** According to local legend, during the rule of the local **Chouta dynasty**, the reigning Queen suffered from severe, uncured asthma. Having exhausted all medical remedies, she prayed to Lord Shiva. The Lord appeared in a divine manifestation as *Adinatheshwara* and cured her ailment using the sacred water (*Teertha*) of the region. Grateful for the divine grace, the royal family patronized and expanded the shrine.
- **Adi Maye Legend:** Another local belief holds that a spot near the shrine marks where *Adi Maye* (the primal mother/devotee) had the first divine vision (*Darshana*) of Lord Shiva on this site.

5. Architecture

The temple is built in the traditional **Tulu Nadu / Kerala-coastal architectural style**:

- **Garbhagriha (Sanctum):** Features a tiled sloping roof designed to withstand heavy coastal rains.
- **Materials:** Constructed predominantly with local laterite stone blocks, timber woodwork, and traditional brass oil lamps (*Nanda Deepa*).
- **Teertha Tank:** A neat stone-paved holy pond (*Mathsya Teertha*) is integrated into the complex layout.

6. Main Deity and Sub-Deities

- **Main Deity: Lord Adinatheshwara** (an incarnation of Lord Shiva enshrined in the form of a Shiva Linga).
- **Sub-Deities (Parivara Devatas):**
    - Lord **Ganapathy** (Ganesha)
    - **Adi Maye** shrine
    - **Daivas / Parivara Daivangal** (Local guardian spirits of Tulu Nadu, including *Doomavathi*, *Banta*, and *Kodamanithaya*)

7. Daily Rituals, Poojas & Charges

- **Temple Timings:** Typically open daily from **6:00 AM to 1:00 PM** and **5:00 PM to 8:00 PM**.
- **Daily Rituals:**
    - *Usha Pooja* (Morning)
    - *Mahapooja & Maha Mangalarathi* (Afternoon around 12:30 PM)
    - *Ratri Pooja* (Evening around 7:30 PM)
- **Pooja Charges:** Basic Archana and Rudrabhisheka tokens are nominally priced (ranging generally from ₹20 to ₹200). *(Note: Prasadam/Ubbasa Teertha given for health reasons is offered by the temple with standard token charges).*

8. Special Poojas and Sevas

- **Ubbasa Nivarana Seva / Teertha Seva:** Special prayer done specifically seeking relief from respiratory illnesses.
- **Rudrabhisheka & Bilvarchana:** Offered to Lord Adinatheshwara on Mondays and auspicious tithis.
- **Ganapathi Homam:** Offered for removing obstacles.
- **Daiva Nema / Kolu Services:** Periodic ritualistic offerings conducted to honor the native Daivas.

9. Festivals Celebrated

- **Maha Shivaratri:** The most grand celebration with overnight vigil, special *Abhisheka*, and cultural programmes.
- **Annual Temple Car Festival (Vardhantyothsava / Jatre):** Celebrated with traditional fervor featuring *Rathotsava* (chariot procession).
- **Laksha Deepotsava:** The illumination of thousands of oil lamps around the temple enclosure during the Karthika month.
- **Nema / Kola Festivals:** Special annual rituals for the shrine's Daivas.

10. Facilities Available for Devotees

- **Annadana (Free Meals):** Afternoon *Maha Prasada* (lunch) is usually served to visiting devotees after the afternoon Mahapooja.
- **Accommodation:** The temple itself offers limited or basic lodging facilities. Most pilgrims prefer staying in hotels in Bajpe or Mangalore city.
- **Parking & Basic Amenities:** Ample parking space, clean drinking water, and basic rest facilities are available around the premises.

11. Do's and Don'ts

- **Do's:**
  - Dress conservatively in traditional South Indian attire (Dhoti/Kurta for men, Saree/Salwar for women).
  - Men may need to remove their upper garments (shirts/vests) before entering the inner sanctum courtyard as per Tulu Nadu temple traditions.
- **Don'ts:**
  - Do not enter restricted water bodies or holy wells marked exclusively for priest rituals (e.g., the sacred inner well near Adi Maye).
  - Avoid photography inside the main sanctum sanctorum (*Garbhagriha*).

12. Nearby Temples

- **Kateel Sri Durgaparameshwari Temple:** ~12 km (One of the most famous shrines in Karnataka).
- **Polali Sri Rajarajeshwari Temple:** ~14 km.
- **Kudroli Gokarnanatheshwara Temple (Mangalore):** ~15 km.
- **Kadri Manjunathaswamy Temple:** ~13 km.

13. Nearby Hotels & Stay Options

- **In Bajpe Town (~3–5 km):** Budget lodges and local homestays.
- **Near Airport (~3–6 km):** Transit hotels and resorts (e.g., River Roost Resort, local airport suites).
- **In Mangalore City (~15 km):** A wide range of 3-star and 5-star hotels (Ocean Pearl, Vivanta Mangalore, Goldfinch, etc.).

14. Nearby Tourist Spots

- **Adyapady Dam / Gurupura River bank:** ~1 km (Scenic waterfront view).
- **Pilikula Nisargadhama:** ~8 km (Biological park, science center, heritage village, and lake).
- **Panambur Beach:** ~15 km.
- **Tannirbhavi Beach:** ~18 km.

15. Donation Info & Contact Details

- **Address:** Sri Adinatheshwara Temple, Adyapady Village, Via Bajpe, Mangalore, Dakshina Kannada, Karnataka - 574142.
- **Contact Phone:** +91 91084 53646 / Local Managing Office

- **Donations:** The temple office accepts direct offerings for *Annadana* (feeding devotees), temple maintenance, and special sevas. Receipts are issued at the temple counter.

***

Ref: GrokAI

Adyapdy Sri Adinatheshwara Temple, Mangalore, Karnataka

Location

Adyapady village, Mangaluru taluk, Dakshina Kannada district, Karnataka (PIN 574142).

It lies amid green hills near the Phalguni (Gurupura) River, roughly 12–15 km from Mangaluru city centre and about 3 km south of Mangaluru International Airport (Bajpe). The setting is serene and pollution-free.

How to Get There

- **By air**: Mangaluru International Airport (Bajpe) is ~3 km / 10–15 minutes by taxi or auto.

- **By road**: From Mangaluru, take the airport road, turn right at Kenjaru (or follow Airport Perimeter Road / Bajpe directions), then ~3 km to the temple. Well-connected by local buses, autos, and taxis.

- **By rail**: Nearest major station is Mangaluru Central or Mangaluru Junction; then road transfer (~12–15 km).

Mangaluru is well-linked by air, rail, and road to major cities.

Speciality of This Temple

Popularly known as the “Asthma Temple.” Devotees firmly believe that the sacred spring water (*Ubbassa Theertha* / *Mathsya Teertha*) and sandalwood-paste prasada bring relief from asthma, respiratory ailments, and certain skin diseases. Many report cures after consuming the theertha and applying the paste for a prescribed period (often linked to the 12-day legend). Special thanksgiving offerings (coconut coir, silver tokens of body parts, pepper, ash gourd, etc.) are common after recovery. **A powerful mantra associated with the deity is:**

“Adinatha mahadeva adiroga vinasha na adishatru vinashaya adinathaya te namaha.”

History and Legends

Ancient Shiva shrine with strong local oral tradition. The original *moolasthana* (sanctum) was on a forested hilltop to the north (still accessible by steps, with natural rock shelters). An elderly priest, finding it hard to fetch water from the river for rituals, was guided in a dream to descend without looking back until divine music stopped near a rudraksha tree; that became the present site.

A basket-weaver later unearthed a buried stone idol that bled; his wife cried “Oh Adya!” (fearing harm to her child). She is revered as Adi Mayee (the first to experience the Lord’s presence), giving the village its name. An idol of Adi Mayee is still worshipped.

Jain influence in the region (Chowta/Chouta dynasty era) led to the name Adinatheshwara (Adinatha = primordial lord, also the first Jain Tirthankara). A famous legend tells of a Chowta queen cured of severe asthma after a divine dream directed her to the temple’s theertha and prasada; she donated her gold *thali* necklace (*thali bandhe*), still used on the idol during festivals.

Architecture

Modest traditional complex suited to its natural setting. Central sanctum sanctorum for the main deity, three smaller shrines, statue of Adi Mayee, perennial Mathsya Teertha pond (fed by hill streams / natural spring behind the temple), and a prominent rudraksha tree. Nearby: ancestral Melmane house and restricted Rishi Vana (sacred grove for meditation). Recent renovations (including Brahma Kalasha) and a meditation mantap have been undertaken. The hilltop moolasthana offers panoramic views.

Main Deity and Sub-deities

- **Main deity**: Lord Shiva as Sri Adinatheshwara.

- **Others**: Lord Ganesha, local Daivagalu (spirit deities), and Adi Mayee. Utsava murthy is taken out in processions.

Daily Rituals and Poojas and Their Charges

Morning poojas and aarati in the sanctum, followed by distribution of Ubbassa Theertha and sandalwood-paste prasada. Darshan is generally available from around 6 AM to 8 PM (confirm locally; special crowd on Tuesdays and during Shravan).

Specific daily pooja charges are not widely published online. Common offerings include theertha, prasada, and basic archana. Contact the temple for current rates and booking.

Special Poojas and Their Charges

Thula Bhara (weighing oneself against rice, banana, jaggery, etc., distributed as prasada) is popular. Thanksgiving sevas after healing are common. Detailed lists and charges are best obtained directly from the temple office/priest, as they can vary.

Festivals Celebrated

The major annual event is the 9-day Jatre (temple festival) around / after Maha Shivaratri, featuring grand chariot procession of the utsava murthy, music, coconut-breaking, fruit distribution, and large gatherings. Other Shiva-related observances and local festivals are also held.

Facilities Available for Devotees (Accommodation, etc.)

Basic facilities at the temple; prasada/meals may be available during festivals. No large-scale temple-run accommodation is prominently listed. Stay options are plentiful in nearby Bajpe or Mangaluru city (hotels, lodges, airport-area stays). Local shops sell pooja items, silver tokens, and simple eatables. Confirm parking, restrooms, and any guest facilities on site.

Do’s and Don’ts

- ****Do’s****: Maintain cleanliness and silence in the premises; follow queue and priest instructions; collect and use theertha/prasada with faith; dress modestly.

- ****Don’ts**** (especially for those seeking healing): Avoid non-vegetarian food, onion, and garlic (widely advised). Do not enter restricted areas such as Rishi Vana without permission. Respect the sacred spring and pond (priests primarily use certain waters).

Nearby Temples

- Polali Rajarajeshwari Temple

- Kudupu Sri Anantha Padmanabha Temple

- Kateel Shri Durgaparameshwari Temple

- Kadri Manjunatha Temple and other Mangaluru temples (Kudroli Gokarnath, Mangaladevi, etc.)

- Local shrines in Bajpe area.

Nearby Hotels

Many options in Bajpe (near the airport) and Mangaluru city (Hampankatta, Balmatta, Surathkal areas). Choices range from budget lodges to mid-range and higher-end hotels (e.g., near airport or city centre). Book via standard platforms or local contacts; airport proximity makes transfers easy.

Nearby Tourist Spots

- Maravoor Dam / Moodushedde Adyapady Dam area

- Phalguni River surroundings and local view points

- Pilikula Nisargadhama (eco-park, zoo, heritage village)

- Beaches: Panambur, Tannirbhavi, Someshwara, Ullal

- Sultan Battery, St. Aloysius Chapel, and other Mangaluru city attractions

- Further afield: Udupi, Kateel, etc.

Donation Info with Contact Phone Number

Donations are accepted for temple maintenance and renovations (recent large contributions, e.g., from Adani Group, have supported jeernodhara).

****Contact****:

Adyapady Sri Adhinatheshwara Temple

Airport Perimeter Rd, Bajpe Proper, Mangaluru, Karnataka 574142

Phone: **9945339419** (listed in recent temple-related videos; confirm current validity).

Main priest references include Sri Sadashiva Bhat. Visit the temple office for formal donation receipts or specific sevas.

Any Other Info

The temple remains a living centre of faith with strong local devotion, especially among those seeking respiratory relief. Recent renovations and Brahma Kalasha ceremonies have enhanced the complex. The surrounding natural beauty (hills, river, forests) adds to the peaceful experience. For the most accurate timings, sevas, charges, and current conditions, call the temple or visit in person, as details can change.

****

Ref: ClaudeAI

Sri Adinatheshwara Temple, Adyapady, Mangaluru, Karnataka

Location

Adyapadi (also spelled Adyapady/Adhyapadi), about three kms south of Bajpe Airport in Mangalore Taluk of Dakshina Kannada District, Karnataka, bounded by hills in the north and the Phalguni (Gurupur) river in the south. (Adinatheshwara) It's roughly 12 km from Mangalore city, (Curly Tales) about 15 minutes from Mangaluru International Airport.

How to get there

From Mangalore City: take City Bus Route No. 47 or a Bajpe-bound bus, get down at Kenjar, then an auto-rickshaw to the temple. (Wikimapia)

By air: closest airport is Mangaluru International (Bajpe), just a few km away.

By car/cab: easy 20–30 min drive from Mangalore city via Bajpe road.

Speciality of the temple

It's popularly called the "Asthma Temple." It's one of the age-old Shiva temples of the region with a rich historical and spiritual background. (Mangala Travels) The temple's holy water, known as Ubbasa Theertha, is believed to cure asthma and other allergic/breathing diseases, (Wikimapia) and a natural spring water source oozes from rocks behind the temple, gathered in the small Matsya Theertha pond in front. (Daijiworld)

History and legend

Thousands of years ago, a Shiva temple stood atop a hill north of the present site, then forested. The priest carried river water for daily pooja, but as he aged this became difficult (Adinatheshwara) (leading, per local tradition, to the shrine eventually being relocated/re-established near the spring).

The temple's fame grew from a royal legend: during the reign of the Chowta rulers, the queen suffered from severe asthma, and despite the best medical treatment of the time showed no improvement. (Curly Tales) She dreamt of the temple, prayed there, and after taking the theertha and sandalwood paste given by the priest, was cured within 12 days. (Daijiworld) Since then, devotees with breathing and skin ailments have flocked here for the same cure.

Architecture

A traditional Tulunadu-style Shiva temple set amid natural greenery — hills on one side, the Phalguni river on the other, with the Matsya Theertha pond, a rudraksha tree, and a shrine to Adi Maye within the complex. (Detailed architectural descriptions beyond this aren't well documented online.)

Main deity and sub-deities

- Main deity: Sri Adinatheshwara (a form of Lord Shiva).
- Sub-deities: Lord Ganapathy, and various local "Daivas" (spirit deities); (Wikimapia) also a shrine to Adi Maye within the temple grounds.

Daily rituals, poojas, special poojas & charges

Specific published tariffs for daily/special poojas aren't available online. What is known:

- Morning pooja to Sri Adinatheshwara is followed by aarathi at the main sanctum. (Daijiworld)
- A well-known "Ashtama medicine service" (asthma-cure ritual involving theertha and sandal paste prasad) is offered — announced via a notice board at the temple. (Daijiworld)
- Small silver token offerings representing different body parts are sold near the temple and offered to the deity for healing specific ailments. (Daijiworld)
- For exact rates, timings, and booking of any pooja/seva, contact the temple office directly (number below) — this changes periodically and isn't reliably published online.

Festivals

The temple's major celebration is its annual 9-day Jatre (temple festival) — devotees gather in large numbers during this period, drawn by the temple's natural setting. (Daijiworld) Exact dates vary yearly by the temple's own calendar (usually around March, based on recent event reports) — best confirmed by calling the temple. A recent Brahmakalasha (consecration) event was also held there in 2025.

Facilities for devotees

Local shops near the temple sell pooja items, drinks, and eatables. (Daijiworld) Dedicated devotee accommodation/dharamshala details aren't documented online — recommend calling ahead if you need overnight stay; otherwise Mangalore city (12 km) has full hotel options.

Do's and Don'ts

Not formally published by the temple, but general regional temple etiquette applies:

Dress modestly, remove footwear before entering, maintain silence/decorum in the sanctum, and follow any specific instructions given for the theertha/prasad ritual (fixed course, e.g., the legendary 12-day treatment, as guided by the temple priest).

Donation info & contact

- **Temple office** / Purohit-Trustee (Sri Sadashiva Bhat): 0824-2252001 (also for pooja/kanike/charity/donation enquiries)
- **Managing Trustee** (Sri A. Narayana Udupa): 09841044291
- **Trustee** (Sri Rajeeva Alva): 9341226386

- **Trustee** (Sri Raghu Ram Rao K): 7760054238
- **Other trustees**: Sri Narayana Poojari, Sri Narayana, Sri Vishwanath Kulal, Smt Sudha Shekar Rao (Wikimapia)

Nearby temples, hotels, tourist spots

The search results didn't give reliable specifics for these three categories near Adyapadi — I'd rather not guess. If useful, I can search for nearby temples, hotels, or tourist attractions around Bajpe/Adyapadi specifically — just let me know.

Other info

The temple also has a dedicated website (adinatheshwara.in), though it's currently inaccessible for detailed fetching — worth checking directly for updated pooja timings, tariffs, and festival calendar.

****

Ref: perplexityAI

Adyapdy Sri Adinarheshwara Temple Mangalore, Karnataka

The **Adyapady Sri Adinatheshwara Temple**

(also spelled Adinarheshwara/Adhinatheshwara) is a 900–1,000-year-old Shiva temple near Mangalore, famous across Karnataka as the “Asthma Temple” for its traditional belief in curing breathing disorders and skin allergies through its *Ubbasa Theertha* (medicated holy water) and sandalwood prasada. [1][2][3]

***

Location

- **Address:** Adyapady Sri Adhinatheshwara Temple, Airport Perimeter Road, Bajpe Proper, Mangalore, Dakshina Kannada, Karnataka – 574142. [4][5]

- **Taluk:** Mangalore

- **District:** Dakshina Kannada

- **Landmark:** About 3–4 km from Mangalore International Airport; on the road from Kenjar towards Bajpe/Kateel, near the Phalguni (Gurupura) river. [6][7][8]

***

How to Get There

By Air

- **Nearest airport:** Mangalore International Airport (Bajpe) – approx. 3–4 km from the temple. [1][6]

By Rail

- **Nearest railway station:** Mangalore Central (and also Mangalore Junction). From there, take a city bus/auto/taxi towards Bajpe/Kenjar/Airport road. [1][9]

By Road / Bus

- **From **Mangalore city (Hampankatta / State Bank)**:**

  - Take city bus route No. 47 or any bus going towards **Bajpe / Kateel**.

  - Get down at **Kenjar** (airport exit road).

  - **From Kenjar, hire an auto or local transport for the last 2–4 km to Adyapady temple.** [1][9][7]

- **From **Mangalore city to Adyapady**: around 12 km by road. [7][3]**

****By Private Vehicle****

- From Mangalore city: cross Marvoor Bridge, take the **right turn towards Kenjar / Airport exit**, then follow the airport perimeter road towards Bajpe; after 2–3 km from Kenjar, the temple is on this road. [9][7]

***

Speciality of This Temple

- Known as the **“Asthma Temple”**: believed to help cure or relieve asthma, wheezing, and other allergic/respiratory diseases. [1][2][3]

- **Ubbasa Theertha**: a natural, medicated holy water emerging from rocks behind the temple, considered highly potent for respiratory and skin ailments. [2][8]

- Devotees receive **sandalwood paste and prasada** with specific usage instructions; many follow a 12-day regimen for asthma relief. [6][8]

- The temple is especially crowded on **Tuesdays** and during **Shravana masa**, and by people seeking relief from breathing problems. [8]

***

History and Legends

- The temple is said to be about **900–1,000 years old**, dating roughly to the 10th–11th century. [1][10]

- **Legend of the queen (Chouta dynasty):**

  - A queen of the Chouta rulers suffered from severe asthma. Despite treatment by royal physicians, she did not improve.

  - In a dream, Lord Shiva (Adinatheshwara) instructed her to use the temple's holy water (*Ubbasa Theertha*) and prasada, along with sandalwood paste, for 12 days.

  - Following this, she was completely cured. In gratitude, she offered her necklace to the deity, which is said to be preserved in the temple.

  - Since then, the temple has been revered as a place of healing for asthma and allergic diseases. [3][8][11]

***

Architecture

- Traditional **South Indian / Tulu Nadu style** Shiva temple with a compact complex. [10]

- The inner complex includes:

  - **Sanctum sanctorum (garbhagriha)** housing the main deity (Shiva as Adinatheshwara).

  - **Three smaller shrines** within the inner circle, along with space for other deities and *daivas*. [7]

- The temple has undergone **renovation and Jirnoddhara**, with a **Brahmakalashotsava** conducted in recent years, indicating a renewed and well-maintained structure. [12][13]

***

Main Deity and Sub-deities

- **Main deity:**

  - **Sri Adinatheshwara (Lord Shiva)** in the form of a Shiva Linga. [2][7]

- **Sub-deities and associated divinities:**

  - **Lord Ganapathy (Ganesha)**.

  - Various local **Daivagalu** (Tuluva guardian spirits/deities) typical of the region. [2][9]

  - There is also a nearby **Adyapadi Durga Parameshwari Temple** in the same village, but that is a separate shrine. [14]

Daily Rituals and Poojas (and Indicative Charges)

Exact daily timings and charges can vary; the temple office gives current details. General pattern:

- **Darshan timings**:** roughly **6:00 AM to 8:00 PM** (may vary on festival days). [8]

- **Daily poojas:**

  - Morning abhisheka, alankara, and archana to Lord Adinatheshwara.

  - Evening deepa aradhane and special prayers, especially on Tuesdays and during Shravana.

For **specific pooja types, timings, and charges**, devotees are advised to contact the temple office directly:

- **Temple office / Purohit:** Sri Sadashiva Bhat – **0824-2252001**. [4][9][10]

- **Managing Trustee**:** Sri A. Narayana Udupa – **98410 44291**. [9]

- **Other contacts:** 99453 39419 (as listed in some sources). [4][5]

***

Special Poojas and Their Charges

The temple is especially known for:

- **Asthma-relief prasada & Ubbasa Theertha regimen**

  - Typically involves taking the holy water and sandalwood prasada for **12 days** with strict dietary and lifestyle rules (no non-veg, alcohol, onion, garlic, hotel food; bath before intake; avoidance during menstruation, etc.). [6][8]

  - Devotees are expected to make an annual **kanike (offering) of Rs. 101/-** to the temple/dynasty as a token of gratitude if they benefit. [6]

- **Traditional offerings for Asthma patients (as per local practice):**

  - **Ashgourd (alalekayi)** – 1

  - **Coir rope** – 4 bundles

  - **Silver or gold thread** – 4 metres

  - **Pepper** – ½ kg

  - **Sandalwood piece** – 1

  - **Cash offering** – Rs. 101

These are offered to Lord Adinatheshwara within about 3 months of beginning the prasada course. [6]

For **special abhishekas, archanas, or customized poojas,** contact the temple office for current rates and procedures. [9]

***

Festivals Celebrated

- **Maha Shivaratri festival:**

  - The main annual festival begins on **Maha Shivaratri** and continues for **nine days**.

  - The **penultimate day** features a grand **Rathotsava (car festival)** with procession and celebrations. [7]

- **Adyapady Jatre (annual fair):**

  - **Recent example:** **15 Feb 2026 to 24 Feb 2026**.

  - **Key events include:**

    - **Rathotsava** (e.g., on 22 Feb at 7 PM).

    - Arrival of **Bailu Maganeya Shri Dhoomavathi Parivara Daivas** (e.g., on 23 Feb at 7 PM). [15]

- ****Brahmakalashotsava & Jatra Mahotsava:****

  - A major consecration festival was held on **16 March 2025 (Brahmakalashotsava)** with **Brahmarathotsava on 23 March 2025**, indicating periodic large-scale renewal and celebration. [12]

***

Facilities for Devotees

- **Darshan:** Open daily with decent crowd management; special arrangements during festivals and Jatre.

- **Prasada & Theertha:** Ubbasa Theertha and sandalwood prasada are distributed to devotees, especially those seeking relief from asthma/allergies. [2][8]

- **Wheelchair access:** Some listings indicate wheelchair-accessible entrance/exit. [16]

- **Accommodation (Dharmashala / lodging):**

  - Detailed, official information on temple-run dharmashala is not clearly documented online.

- Many devotees stay in **Mangalore city, Bajpe, or near the airport**, where several budget and mid-range hotels are available. [17][18]

***

Do’s and Don’ts (Especially for Asthma Patients)

Based on temple guidelines and local practice:

Do’s:**

- Take a **full bath (including head)** early in the morning before consuming prasada/theertha.

- Mix the prasada with **pure water and Tulsi leaves**, and consume on an **empty stomach** after meditation/prayer.

- Maintain **purity and devotion** during the 12-day regimen.

- Make an annual **kanike of Rs. 101/-** to the temple if you receive relief. [6]

Don’ts:**

- Do **not keep prasada on the floor** or give it to others.

- Avoid **non-vegetarian food, alcohol, onion, garlic, and hotel food** during the prasada course.

- Do not take prasada during **soothaka periods** (birth/death impurity in the family).

- Women should **avoid taking prasada during menstruation**; resume after the period, completing the prescribed number of days.

- Do **not combine this prasada with other medicines** for asthma without consulting both your doctor and the temple priests. [6][8]

***

Nearby Temples

- **Kateel Shri Durgaparameshwari Temple** – approx. **20 km** from Adyapady; one of the most famous Shakti temples in the region. [7][19]

- **Adyapadi Durga Parameshwari Temple** – located in the same village (Adyapady), a separate shrine to Goddess Durga. [14]

- Other well-known Mangalore-area temples (within 20–30 km):

  - **Kadri Manjunatha Temple** (Mangalore)

  - **Mangaladevi Temple** (Mangaladevi area)

- **Ullal Beach & associated shrines**

These are commonly included in local temple circuits.

***

Nearby Hotels

There is no specific temple-run lodging widely advertised; however, many hotels are available near the **airport, Bajpe, and Mangalore city**:

- **Near Bajpe / Airport / Kenjar:** budget lodges and guesthouses.

- **Mangalore city (Hampankatta, State Bank, MG Road, etc.):** wide range of hotels from budget to premium.

Online platforms list multiple hotels within a few kilometres of the temple, with rates starting from very economical options. [17][18][20]

For exact names and current rates, searching “hotels near Adyapady Sri Adhinatheshwara Temple” on any travel site will give up-to-date options.

***

Nearby Tourist Spots

- **Phalguni (Gurupura) River** – the temple is perched between green hills and this scenic river. [7]

- **Mangalore International Airport area** – modern infrastructure and views of the surrounding hills.

- **Kateel Durgaparameshwari Temple** – both as a pilgrimage and cultural site. [7][19]

- **Mangalore city attractions:**

  - **Panambur Beach, Tannirbhavi Beach**

  - **Kadri Manjunatha Temple, Mangaladevi Temple**

  - **St. Aloysius Chapel, Milagres Church**

  - **Mangalore markets, Sasihitlu, Ullal**, etc.

***

Donation Information & Contact Numbers

For **donations, kanike, special poojas, and charity:**

- **Temple office phone**:** **0824-2252001** (for any pooja/kanike/charity/donation). [9]

- **Managing Trustee:** Sri A. Narayana Udupa – **98410 44291**. [9]

- **Other trustees**:**

  - Sri Rajeeva Alva – **93412 26386**

  - Sri Raghu Ram Rao K – **77600 54238** [9]

- Another listed contact for the temple: **99453 39419**. [4][5]

Donations can be made in cash or kind; the traditional asthma-related offering list is described above.

***

Any Other Information

- The temple is especially significant for people with **respiratory issues**; many travel from outside Karnataka based on word-of-mouth about relief from asthma. [3][8]

- The **Ubbasa Theertha** source is natural and considered unique; devotees often carry it home in bottles for daily use. [8]

- The temple has seen **major renovation and Brahmakalasha**, reflecting strong community support and ongoing devotion. [12][13]

- While many report relief, the temple and its devotees emphasize that this is a **spiritual aid**, and medical treatment should not be abandoned without consulting qualified doctors. [4][8]

***”

Donation info, if any?

For **Adyapady Sri Adinatheshwara Temple**, there is **no dedicated online donation portal** publicly listed. Donations are handled **offline / in person** through the temple office and trustees.

Donation Information

- **Mode of donation:**

  - Cash or kind offerings at the temple.

  - Traditional offerings for asthma-related vows include items like ash gourd, coir rope, silver/gold thread, pepper, sandalwood, and a cash offering (commonly Rs. 101). [1]

- **Purpose of donations:**

  - General **kanike** (offerings) to the deity.

  - Support for **daily poojas, festivals, Jatre, and temple maintenance** (including the recent Brahmakalashotsava). [2][3]

  - Special offerings by devotees who have received relief from asthma or other ailments.

- **Contacts for donations / offerings:**

  - **Temple office** (for any pooja / kanike / charity / donation):**

    - **Phone**: **0824-2252001** [4]

  - **Managing Trustee**:**

    - Sri A. Narayana Udupa – **98410 44291** [4]

  - **Other trustees** (for coordination):**

    - Sri Rajeeva Alva – **93412 26386**

    - Sri Raghu Ram Rao K – **77600 54238** [4]

  - Another listed contact for the temple: **99453 39419**. [5][6]

If you need a receipt or specific acknowledgment for your donation, it's best to speak directly with the temple office or trustees when you visit or call.

***

Are there specific rituals for asthma relief offerings?

Yes. At **Adyapady Sri Adinatheshwara Temple**, there is a **specific, traditional ritual regimen** for devotees seeking relief from **asthma and other respiratory/allergic problems**. This is based on long-standing local practice and temple guidelines. [1][2]

Below is a concise, structured outline you can use directly in an ebook or presentation.

***

Specific Rituals for Asthma Relief Offerings at Adyapady Sri Adinatheshwara Temple

1. **Initial Steps at the Temple**

- Visit the temple and offer prayers to **Sri Adinatheshwara (Lord Shiva)** and other deities.

- Receive the **prasada** (typically sandalwood-based) and **Ubbasa Theertha** (medicated holy water) from the priests. [3][2]

- Inform the priest that you are seeking relief from asthma/breathing problems so they can guide you on the exact regimen.

***

2. **12-Day Prasada & Theertha Regimen (Core Ritual)**

This is the central practice for asthma relief:

- **Duration:** Usually **12 days** of continuous intake. [2]

- **Daily routine on each of the 12 days:**

  - Early morning:

    - Take a **full bath including head**.

    - Wear clean clothes.

  - On an **empty stomach**, after prayer/meditation:

    - Mix the temple **prasada** with **pure water and Tulsi leaves**.

    - Consume this mixture first thing in the morning.

  - Maintain **mental devotion** and, if possible, chant **“Sri Adhinatheshwara Namaha”** or other Shiva mantras. [3]

- **Dietary and lifestyle restrictions during these 12 days:**

  - **Avoid**:

    - **Non-vegetarian food**

    - **Alcohol**

    - **Onion and garlic**

    - **Hotel/outside food** (to maintain purity)

  - **Maintain overall **physical and mental purity** as far as possible. [1]

- **Special conditions**:**

  - Do **not** take prasada during **soothaka periods** (impurity after birth/death in the family).

  - **Women** should **not** take prasada during **menstruation**; they resume afterwards and complete the prescribed number of days. [1]

- **Medication note:**

  - Traditional guidance says that **except for the temple prasada, no other medicine should be taken** for asthma during this period.

  - In practice, devotees are advised to **consult their doctor** before stopping or altering any prescribed treatment; the temple practice is viewed as a spiritual aid, not a guaranteed medical cure. [1][4][2]

***

3. **Offering (Kanike) Linked to Asthma Relief**

If the devotee experiences relief, there is a traditional **vow/offering pattern:**

- **Within about 3 months** of starting the prasada course, the devotee is expected to make a specified offering to Lord Adinatheshwara. [1]

- **Typical **asthma-relief offering items** include:**

  - **Ash gourd (alalekayi)** – 1

  - **Coir rope** – 4 bundles

  - **Silver or gold thread** – 4 metres

  - **Pepper** – ½ kg

  - **Sandalwood piece** – 1

  - **Cash offering** – commonly **Rs. 101**

- After making this offering, the temple may issue prasada for another course (e.g., another 12 days) if needed. [1]

- **Annual kanike**:**

  - Devotees who benefit are requested to visit the temple **every year** and make a **kanike of Rs. 101/-** to the dynasty/trust as a token of gratitude. [1]

***

4. **Do's and Don'ts Specific to Asthma Rituals**

****Do's:****

- Follow the **12-day regimen** strictly as instructed by the priests.

- Take **full bath before consuming prasada** every day.

- Use **pure water and Tulsi** with the prasada.

- Maintain **vegetarian, sattvic food** and avoid stimulants and impurities.

- Make the **prescribed offerings** once relief is experienced. [1]

****Don’ts**:**

- Do **not keep prasada on the floor** or give it to others.

- Do **not consume prasada during soothaka or menstruation** periods.

- Do **not combine with other asthma medicines** without medical and priestly advice.

- Avoid **non-veg, alcohol, onion, garlic, and outside food** during the course. [1][2]

***

5. **How to Get Exact Current Practice**

Because details (such as exact quantity of prasada, any additional mantras, or updated guidelines) can vary slightly:

- Contact the **temple office / priest** before or during your visit:

  - **Temple office / Purohit:** Sri Sadashiva Bhat – **0824-2252001**

  - **Managing Trustee:** Sri A. Narayana Udupa – **98410 44291**

  - Alternative contact: **99453 39419** [4][5][6]

They can explain:

- Exact **daily procedure** for the prasada/theertha.

- Any **additional mantras or prayers** to be recited.

- Current **offering list** and whether anything has been updated.

***

Here is the **daily routine for an asthma patient** doing the Adyapady Adinatheshwara temple prasada regimen, in simple, practical steps:

Daily Routine for Asthma Relief (12-Day Regimen)

****Each day, for 12 consecutive days:****

1. **Early Morning (before sunrise if possible)**

- Wake up early.

- Take a **full bath including head** (complete bath, not just face/hands).

- Wear **clean clothes** after the bath.

2. **After Bath – On an Empty Stomach**

- Sit quietly for a few moments; calm the mind.

- Optionally, chant **“Sri Adhinatheshwara Namaha”** or any Shiva mantra you know.

- Prepare the prasada mixture:

  - Take the **temple prasada** (sandalwood-based) given by the priest.

  - Mix it with **pure water** and a few **Tulsi leaves**.

- **Consume this mixture first thing in the morning**, before any food, tea, or coffee.

3. **During the Day**

- Follow a **simple, sattvic diet**:

  - Vegetarian food only.

  - Avoid **non-veg, alcohol, onion, garlic, and hotel/outside food**.

- Maintain as much **physical and mental purity** as possible:

  - Avoid arguments, negativity, and impure surroundings where feasible.

- If you normally use asthma medicines, **do not stop or change them on your own**. The traditional instruction is to rely only on the prasada during the course, but in practice you should discuss this with your doctor and the temple priest.

4. **Special Conditions**

- ****Do not take prasada** if:**

  - There is a **birth or death** in the family (soothaka period).

  - For women, during **menstruation**.

    - In that case, skip those days and **complete the total number of prescribed days** after the period ends.

- **Do **not**:**

  - Keep the prasada on the floor.

- Give your prasada to others to consume.

5. **Night**

- No special night ritual is prescribed beyond maintaining purity and avoiding prohibited foods/habits.

- Sleep early if possible, to support the early-morning routine the next day.

***

After completing the 12-day course, if relief is experienced, devotees traditionally make the specified **offering (kanike)** to the temple within about 3 months and are encouraged to visit yearly with a small cash offering (commonly Rs. 101).

****

Videos

Adyapady temple Prasad cures Asthma ..etc… Karavali Mirror (18 min):

https://youtu.be/57myjDenubw?si=4XLI9F_vDlpkPWmv

Adyapady Adinatheshwara Temple which cures Asthma (3 min);

https://youtu.be/77A5F3loWEw?si=XQWAjr0JO7p6og4q

Visit this temple if you have Asthma ..FaceBook (1 min):

https://www.facebook.com/share/r/199v7Go8Z8/

Adyapady Sri Adinatheshwara Temple, Mangalore (16 min):

https://youtu.be/qeebRMi7r2c?si=fidYsU3iNX2RD4SB

Adyapady Temple Brahmakalasha…March 20, 2025 (10 min):

https://youtu.be/MY7esYUMURc?si=04zKU269jVUalbKl

This temple has cure for Asthma …Udayavani..(5 min):

https://youtu.be/q9jUpFUOSGU?si=HM0QVhbt9KOI9rvr

Adyapady New Temple after Brahmakalasha (7 min):

https://youtu.be/OP85GX1KGTs?si=KhY906K3Gl6c_HNt

***

Note: At the end of this ebook, two pages are included (see below), giving (I) Author info, and (ii) a master link and QR code to download all my Technical (viz. Thermodynamics, Heat Transfer, and Cryogenic Engineering) ebooks plus Spiritual ebooks, stored in archive.org.

****

About the Author

Dr. M. Thirumaleshwar is a Mechanical Engineer with specialization in Cryogenics. He obtained his B. E. In Mechanical Engineering from Karnataka Regional Engg College, (Now NITK), Surathkal, India and M.Sc. in Cryogenics from the University of Southampton, U.K., and Ph.D. from the Indian Institute of Science (IISc), Bangalore.

He has worked in prestigious organizations such as BARC, Bombay and Centre for Advanced Technology (CAT), Indore,as Head of Cryogenics Dept and contributed to the design of cryogenic systems, including the Thermovac chamber for ISRO, Bangalore.

He was also a visiting fellow at Superconducting Super Collider Project, at Texas, USA.

He has also served as Professor, Head of Department, and Principal in reputed engineering institutions.

Dr. Thirumaleshwar has authored a large number of FREE ebooks on Engineering subjects such as Thermodynamics, Heat Transfer, and Cryogenic Engineering, which are useful for students and teachers.

Driven by a deep interest in India's spiritual heritage, he has also authored many FREE ebooks on Temples, Saints, Gurus, and Vedic topics, with the aim of preserving and spreading this knowledge to future generations.

All his ebooks are available for free download at Archive.org.

Where to Download all my free ebooks (Engineering + Spiritual):

All my ebooks on Engineering (Thermodynamics, Heat Transfer, Cryogenic Engineering), Temples, Saints, Gurus, and Vedic topics are available for free download from Archive.org.

Master Link (All Books):

https://archive.org/search?query=creator%3A%22Dr.%20M.%20Thirumaleshwar%22

Scan the QR code to access all free ebooks:

QR code to access all my free ebooks

All books are free to download and share for educational and spiritual purposes.

***

Dr. M. Thirumaleshwar
July 30, 2026

****